

# HEALTHY SCHOOL ENVIRONMENT RESOURCES

## Physical Activity and Physical Education

This list contains online resources for physical education and physical activity. Resources are listed by main category. Many Web sites contain information on multiple content areas. For more content areas related to healthy school environments, see the Connecticut State Department of Education's (CSDE) other resource lists on the [Resources for School Nutrition Programs](#) Web page. The CSDE updates these lists regularly.

**Quick Tips:** Click on the blue highlighted titles below to go directly to each section. Use the blue highlighted "Return to Contents" at the end of each section to get back to Contents. Search for key words using the "Find" option in the PDF toolbar or go to "Edit" then "Find."

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For more information on physical activity, visit the CSDE's [Physical Education](#) Web page or contact Dr. Jean Mee at [jean.mee@ct.gov](mailto:jean.mee@ct.gov) or 860-807- 2016. For information on nutrition, visit the CSDE's [Nutrition Education](#) Web page or contact Susan S. Fiore, M.S., R.D., Nutrition Education Coordinator at [susan.fiore@ct.gov](mailto:susan.fiore@ct.gov) or 860-807-2075.

Connecticut State Department of Education  
Bureau of Health/Nutrition, Family Services and Adult Education  
25 Industrial Park Road, Middletown, CT 06457

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### Behavior Management

*Center for Mental Health in Schools.* <http://smhp.psych.ucla.edu/>

*Center on the Social and Emotional Foundations for Early Learning.* <http://www.vanderbilt.edu/csefel/>

*Classroom Management.* National Education Association. <http://www.nea.org/tools/ClassroomManagement.html>

*Cognitive Behavioral Treatment.* <http://www.ojjdp.gov/mpg/progTypesCognitiveImm.aspx>

*Collaborative for Academic, Social and Emotional Learning.* <http://casel.org/>

*Good Behavior Game (GBG).* A classroom management strategy for decreasing aggressive/disruptive behavior in grades 1-2.  
<http://www.interventioncentral.org/index.php/classroom-mangement/131-good-behavior-game>

*Intervention Central.* Tools and resources to help school staff and parents to promote positive classroom behaviors and foster effective learning for all children and youth. <http://www.interventioncentral.org/>

*Make Your Day Program.* <http://www.makeyesterday.com/mydhome.html>

*National School Climate Center.* <http://www.schoolclimate.org/climate/>

*Physical Activity Used as Punishment and/or Behavior Management (NASPE Position Statement).* National Association for Sport and Physical Education, 2009. <http://www.aahperd.org/naspe/standards/upload/Physical-Activity-as-Punishment-to-Board-12-10.pdf>

*Positive Behavioral Interventions and Supports.* <http://www.pbis.org/>

*Reducing Behavior Problems in the Elementary School Classroom.* Institute of Education Sciences, U.S. Department of Education, 2008.  
[http://ies.ed.gov/ncee/wwc/pdf/practiceguides/behavior\\_pg\\_092308.pdf](http://ies.ed.gov/ncee/wwc/pdf/practiceguides/behavior_pg_092308.pdf)

*Responsive Classroom.* <http://www.responsiveclassroom.org/>

*The Whole Child.* The Association for Supervision and Curriculum Development. <http://www.wholechildeducation.org/>

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### Classroom Physical Activity

*ABC for Fitness (Activity Bursts in the Classroom)*. David Katz, M.D., Yale University School of Medicine.

<http://www.davidkatzmd.com/abcforfitness.aspx>

*Active Academics*. Provides practical ideas to classroom teachers (grades K-5) for integrating physical activity throughout the school day in math, reading/language arts, health/nutrition and physical education. Lesson ideas are short "10 minute or less" activities that get students moving while practicing content standards in a variety of subject areas.

<http://www.activeacademics.org/>

*Brain Breaks. A Physical Activity Idea Book for Elementary Classroom Teachers*. Michigan Department of Education, 2005.

<http://www.emc.cmich.edu/brainbreaks/>

*Brain Gym*. Edu-Kinesthetics, Inc. Resources available for purchase on classroom-based physical activities that integrate physical activity with academic concepts. <http://www.braingym.com/>

*Energizers*. North Carolina Department of Instruction. Short (about 10 minute) classroom based physical activities that integrate physical activity with academic concepts. <http://www.eatsmartmovemorenc.com/Energizers/Elementary.html>

*Fun and Easy Classroom Stretches*, University of California Cooperative Extension and Ventura Unified School District Child Nutrition Services, 2005. <http://ucce.ucdavis.edu/files/filelibrary/2372/20647.pdf>

*Mind and Body. Activities for the Elementary Classroom*, Montana Office of Public Instruction, June 2003.

<http://www.schoolnutritionandfitness.com/data/pdf/TeacherPDFs/MindBody.pdf>

*Move-To-Improve*. New York State Department of Education. A classroom-based curriculum to increase physical activity among students in grades K-5. <http://schools.nyc.gov/Academics/FitnessandHealth/MoveImprove/default.htm>

*TAKE 10!*<sup>TM</sup> International Life Sciences Institute (ILSI) Center for Health Promotion. A classroom-based physical activity program for kindergarten to fifth grade students. This curriculum tool was created by teachers for teachers and students and is linked to academic learning objectives. TAKE 10! materials contain safe and age-appropriate 10-minute physical activities. Ordering information. <http://www.take10.net/whatistake10.asp>

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## Data and Trends

- Building the Argument. The Need for Physical Education and Physical Activity in Our Schools.* Action for Healthy Kids, 2003. Provides quick facts culled from surveys and statistics that support making quality daily physical education a priority in our schools and giving our children more opportunities to be physically active throughout the school day.  
[http://www.rocklandsteps.org/files/NeedForPhysicalEducation,\\_AFHK.pdf](http://www.rocklandsteps.org/files/NeedForPhysicalEducation,_AFHK.pdf)
- Childhood Obesity. Factors Affecting Physical Activity.* Government Accountability Office, December 6, 2006. Reviews the results of studies on factors affecting rates of physical activity for school-age children. <http://www.gao.gov/new.items/d07260r.pdf>
- Fact Sheet. Physical Education and Activity.* School Health Policies and Programs Study (SHPPS), Centers for Disease Control and Prevention, 2000. <http://www.cdc.gov/HealthyYouth/physicalactivity/index.htm>
- National Adolescent and Young Adult Health Information Center.* Web site with resources on health statistics and information for adolescents and young adults. <http://nahic.ucsf.edu/>
- National Survey of Children's Health.* The Data Resource Center for Child and Adolescent Health, Child and Adolescent Health Measurement Initiative, Oregon Health and Science University. Searchable database intended for use by researchers, policymakers, families and others in obtaining national, regional and state-level data on a broad range of topics relating to children's health and well-being. <http://www.childhealthdata.org/learn/NSCH>
- No to Low-Cost Ways to Promote Physical Activity in the Childcare Setting.* Iowa Department of Education, 2011.  
[http://healthymeals.nal.usda.gov/hsmrs/Iowa/No\\_to\\_Low\\_Cost.pdf](http://healthymeals.nal.usda.gov/hsmrs/Iowa/No_to_Low_Cost.pdf)
- Physical Activity Data and Statistics.* Centers for Disease Control and Prevention.  
<http://www.cdc.gov/physicalactivity/professionals/data/index.html>
- Physical Activity and Health. A Report of the Surgeon General.* Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, 1996. <http://www.cdc.gov/nccdphp/sgr/sgr.htm>
- Physical Activity and the Health of Young People Fact Sheet.* Centers for Disease Control and Prevention, July 2006.  
<http://www.cdc.gov/HealthyYouth/physicalactivity/index.htm>
- Physical Activity Guidelines for Americans Midcourse Report: Strategies to Increase Physical Activity Among Youth.* Centers for Disease Control and Prevention. December 2012. <http://www.health.gov/paguidelines/>
- Physical Activity Topics.* Centers for Disease Control and Prevention.  
<http://www.cdc.gov/HealthyYouth/physicalactivity/publications.htm>
- Promoting Physical Activity In Children And Youth. A Leadership Role For Schools, American Heart Association Scientific Statement.* Circulation. Journal of the American Heart Association, August 14, 2006.  
<http://circ.ahajournals.org/cgi/reprint/CIRCULATIONAHA.106.177052v1>
- Resolution for Quality Physical Education and Physical Activity.* The Society of State Directors of Health, Physical Education and Recreation, October 18, 2005. [http://www.thesociety.org/pdf/2005SSDHPER\\_PE\\_Resolution.pdf](http://www.thesociety.org/pdf/2005SSDHPER_PE_Resolution.pdf)
- School Health Policies and Programs Study – SHPPS.* Centers for Disease Control and Prevention. National survey periodically conducted to assess school health policies and programs at the state, district, school and classroom levels.  
<http://www.cdc.gov/HealthyYouth/shpps/index.htm>
- Shape of the Nation Report, Status of Physical Activity in the USA.* National Association for Sport and Physical Education, 2010. Summarizes the status of physical education in American schools.  
<http://www.aahperd.org/naspe/publications/Shapeofthenation.cfm?cid=00007>
- Supporting/Defending Your PE Program.* Articles and resources supporting physical education.  
<http://www.pecentral.org/professional/defending/research.html>
- The Effects of Physical and Outdoor Play on Young Children's Development.* Eastern Connecticut State University, 2011. Resources and research on the benefits to children's physical, cognitive and social and emotional development, including an annotated bibliography, a comprehensive literature review and research-into-practice briefs on a variety of topics aimed at Head Start providers and other teachers of young children. [http://www.easternct.edu/cece/physical\\_play\\_abstract.html](http://www.easternct.edu/cece/physical_play_abstract.html)
- Usual Dietary Intakes. Food Intakes U.S. Population, 2001-04.* National Cancer Institute. Includes 36 tables that represent each of the main food groups and subgroups of MyPyramid, as well as several other food groups and dietary constituents of interest.  
<http://riskfactor.cancer.gov/diet/usualintakes/pop/#results>

## Data and Trends

*What We Eat in America*. U.S. Department of Agriculture National Research Service. Summary data tables from *What We Eat in America*, NHANES 2007-2008, that provide national estimates for percentages of nutrients contributed by foods eaten away from home; and at breakfast, lunch, dinner and snacks by age/gender, race/ethnicity and family income. <http://www.ars.usda.gov/Services/docs.htm?docid=18349>

*Youth Risk Behavior Surveillance System (YRBSS)*. Centers for Disease Control and Prevention. The YRBSS includes national, state and local school-based surveys of representative samples of 9th through 12th grade students. These surveys are conducted every two years to monitor priority health risk behaviors that contribute markedly to the leading causes of death, disability and social problems among youth and adults in the United States. These behaviors, often established during childhood and early adolescence, include. tobacco use; unhealthy dietary behaviors; inadequate physical activity; alcohol and other drug use; sexual behaviors that contribute to unintended pregnancy and sexually transmitted diseases, including HIV infection; and behaviors that contribute to unintentional injuries and violence. <http://www.cdc.gov/HealthyYouth/yrbs/index.htm>

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### Evaluating Physical Education

*School Physical Education Checklist – How Does Your Program Rate?* National Association for Sport and Physical Education, 2009. An assessment tool that allows schools (including principals, teachers and others) to assess their current physical education programs through 15 quick questions. Also includes an action plan worksheet to guide schools in developing short- and long-term objectives for physical education. <http://www.aahperd.org/naspe/publications/teachingTools/upload/School-PE-Program-Checklist-Web-9-14-09.pdf>

*Physical Activity Evaluation Handbook.* U.S. Department of Health and Human Services Centers for Disease Control and Prevention, 2002. Outlines the six basic steps of program evaluation and illustrates each step with physical activity program examples. Appendices provide information about physical activity indicators, practical case studies and additional evaluation resources. <http://www.cdc.gov/nccdphp/dnpa/physical/handbook/pdf/handbook.pdf>

*Physical Education Curriculum Analysis Tool.* Centers for Disease Control and Prevention, 2006. Helps school districts conduct a clear, complete and consistent analysis of written physical education curricula, based upon national physical education standards. <http://www.cdc.gov/healthyyouth/pecat/>

*Physical Education Teacher Evaluation Tool.* National Association for Sport and Physical Education, 2007. This tool identifies the knowledge, skills and behaviors needed to provide sound instruction in the K-12 physical education classroom. Its purpose is to assist principals and school district curriculum specialists who evaluate physical education teachers as well as to guide physical education teachers in reflection and self-assessment and serve as an instruction tool in college/university physical education teacher education programs. [http://www.michigan.gov/documents/mde/NASPETool\\_212381\\_7.pdf](http://www.michigan.gov/documents/mde/NASPETool_212381_7.pdf)

*School Health Index for Physical Activity and Healthy Eating – A Self Assessment and Planning Guide.* Centers for Disease Control and Prevention, U.S. Department of Health and Human Services, 2005. <http://apps.nccd.cdc.gov/shi/default.aspx>

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## Guidelines and Standards

- A Coaches' Code of Conduct*. National Association for Sport and Physical Education, 2009.  
<http://www.aahperd.org/naspe/standards/upload/A-Coach-s-Code-of-Conduct-2009.pdf>
- Active Start. A Statement of Physical Activity Guidelines for Children Birth to Age 5*. National Association for Sport and Physical Education, 2009. <http://www.aahperd.org/naspe/standards/nationalGuidelines/ActiveStart.cfm>
- Appropriate Instructional Practices for Elementary School Physical Education*. National Association for Sport and Physical Education, 2009.  
<http://www.aahperd.org/naspe/standards/nationalGuidelines/Apppracticedoc.cfm>
- Appropriate Instructional Practices for High School Physical Education*. National Association for Sport and Physical Education, 2009.  
<http://www.aahperd.org/naspe/standards/nationalGuidelines/Apppracticedoc.cfm>
- Appropriate Instructional Practices for Middle School Physical Education*. National Association for Sport and Physical Education, 2009.  
<http://www.aahperd.org/naspe/standards/nationalGuidelines/Apppracticedoc.cfm>
- Appropriate Practices for Movement Programs for Children Ages 3-5*. National Association for Sport and Physical Education, 2009.  
<http://www.aahperd.org/naspe/standards/nationalGuidelines/Apppracticedoc.cfm>
- Best Practices Program*. PE Central. Events/programs outside of the physical education curriculum that enhance the quality of physical education at school. <http://www.pecentral.org/bp/index.html>
- Bright Futures in Practice. Physical Activity*. National Center for Education in Maternal and Child Health, 2001. Provides developmental guidelines on physical activity for the periods of infancy through adolescence. Includes current information on screening, assessment and counseling to promote physical activity and to meet the needs of health professionals, families and communities. <http://www.brightfutures.org/physicalactivity/about.htm>
- Comprehensive School Physical Activity Programs Package. A Position Statement from the National Association for Sport and Physical Education*. National Association for Sport and Physical Education. <http://www.aahperd.org/naspe/publications/teachingTools/cspa.cfm>
- Evidence Based Physical Activity for School-Age Youth*. Strong et al. The Journal of Pediatrics, June 2005. Presents results of a systematic evaluation of evidence dealing with the effects of regular physical activity on several health and behavioral outcomes in US school-age youth. <http://www.ncbi.nlm.nih.gov/pubmed/15973308>
- Fact Sheet for Health Professionals on Physical Activity Guidelines for Children and Adolescents*. U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, June 2009.  
[http://www.cdc.gov/nccdphp/dnpa/physical/pdf/PA\\_Fact\\_Sheet\\_Children.pdf](http://www.cdc.gov/nccdphp/dnpa/physical/pdf/PA_Fact_Sheet_Children.pdf)
- Fit, Healthy and Ready to Learn: Chapter D Policies to Promote Physical Activity and Physical Education*. National Association of State Boards of Education, 2012. [http://www.nasbe.org/wp-content/uploads/FHRTL-D\\_Physical-Activity-NASBE-November-2012.pdf](http://www.nasbe.org/wp-content/uploads/FHRTL-D_Physical-Activity-NASBE-November-2012.pdf)
- Guidelines for After-School Physical Activity and Intramural Sports*. National Association for Sport and Physical Education, 2001. NASPE's recommendations for planning and implementing after-school physical activity and intramural programming for children in grades K–12. <http://www.aahperd.org/naspe/standards/upload/Guidelines-for-After-School-PA-Intramural-Sport-Programs-2001.pdf>
- Guidelines for School and Community Programs to Promote Lifelong Physical Activity Among Young People*. Centers for Disease Control and Prevention, 1997. Identify strategies most likely to be effective in helping young people adopt and maintain a physically active lifestyle. <http://www.cdc.gov/HealthyYouth/physicalactivity/guidelines/index.htm>
- Health, Mental Health and Safety Guidelines for Schools (Chapter E Physical Education)*. American Academy of Pediatrics and National Association of School Nurses. This compendium of guidelines is designed for those who influence the health, mental health and safety of students and school staff members while they are in school, on school grounds, on their way to or from school or involved in school-sponsored activities. They draw upon school health and safety guidelines and can assist in developing health and safety objectives. <http://www.nationalguidelines.org/>
- Healthy and Balanced Living Curriculum Framework*. Connecticut State Department of Education, 2006. Curriculum guidance for comprehensive school health education and comprehensive physical education PK-12.  
<http://www.sde.ct.gov/sde/LIB/sde/PDF/deps/student/Healthy&BalancedLiving.pdf>
- Move More. North Carolina's Recommend Standards for Physical Activity in School*. N.C. Division of Public Health, N.C. Department of Public Instruction, N.C. Healthy Schools and N.C. Cooperative Extension Service, 2005.  
<http://www.eatsmartmovemorenc.com/MoveMoreSchoolStds/Texts/MMPAStandards.pdf>
- Moving into the Future. National Standards for Physical Education, 2nd Edition*. National Association for Sport and Physical Education, 2004. Summary and ordering information. <http://www.aahperd.org/naspe/standards/nationalStandards/PEstandards.cfm>



- Opportunity to Learn Guidelines for Elementary School Physical Education, 3rd edition.* Council on Physical Education for Children, 2009. Addresses program elements essential for providing a full opportunity for students to learn physical education in elementary school. Includes a self-evaluation checklist that can be used in planning, evaluation, program development and advocacy efforts by anyone interested in the availability of quality physical education at the elementary level. <http://www.aahperd.org/naspe/standards/nationalGuidelines/opportunity.cfm>
- Opportunity to Learn Guidelines for High School Physical Education, 3rd edition.* Council on Physical Education for Children, 2009. Describes the elements that a quality high school physical education program needs in order for all students to have full opportunity to meet content and performance standards. <http://www.aahperd.org/naspe/standards/nationalGuidelines/opportunity.cfm>
- Opportunity to Learn Guidelines for Middle School Physical Education, 3rd edition.* Council on Physical Education for Children, 2009. Describes the elements that a quality middle school physical education program needs in order for all students to have full opportunity to meet content and performance standards. <http://www.aahperd.org/naspe/standards/nationalGuidelines/opportunity.cfm>
- Physical Activity for Children. A Statement of Guidelines for Children Ages 5-12, 2nd Edition.* National Association for Sport and Physical Education, 2004. <http://www.aahperd.org/naspe/standards/nationalGuidelines/PA-Children-5-12.cfm>
- Physical Activity Guidelines for Americans.* U.S. Department of Health and Human Services, 2008. <http://www.health.gov/PAGuidelines/>
- Physical Best Activity Guide: Elementary Level, Third Edition.* National Association for Sport and Physical Education, 2011. <http://www.humankinetics.com/products/all-products/The-Physical-Education-for-Lifelong-Fitness---3rd-Edition>
- Physical Best Activity Guide: Middle/High School.* National Association for Sport and Physical Education, 2011. <http://www.humankinetics.com/products/all-products/Physical-Best-Activity-Guide-Middle-and-High-School-Level-3rd-Ed>
- Physical Education.* Connecticut State Department of Education. Information on physical education curriculum, instruction, assessment and resources for Connecticut schools. <http://www.sde.ct.gov/sde/cwp/view.asp?a=2618&q=320886>
- Physical Education: A Guide to K-12 Program Development.* Connecticut State Department of Education, 2000. <http://www.sde.ct.gov/sde/cwp/view.asp?a=2618&q=320982>
- Physical Education is an Academic Subject.* National Association for Sport and Physical Education, 2010. <http://www.aahperd.org/naspe/advocacy/governmentRelations/upload/PE-is-an-Academic-Subject-2010.pdf>
- Physical Fitness and Activity in Schools.* American Academy of Pediatrics Policy Statement. Pediatrics Vol. 105 No. 5 May 2000, pp. 1156-1157. <http://aappolicy.aappublications.org/cgi/content/full/pediatrics;105/5/1156>
- Promoting Physical Activity. A Guide for Community Action.* Centers for Disease Control and Prevention, 1999. This guide uses a social marketing and behavioral science approach to intervention planning, guiding users through a step-by-step process to address the target population's understanding and skills, the social networks, the physical environments in which they live and work and the policies that most influence their actions. <http://www.cdc.gov/nccdphp/dnpa/pahand.htm>
- Provide Opportunities for Active Play Every Day. Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program.* U.S. Department of Agriculture, December 2012. [http://www.teamnutrition.usda.gov/Resources/nutritionandwellness/opportunities\\_play.pdf](http://www.teamnutrition.usda.gov/Resources/nutritionandwellness/opportunities_play.pdf)
- The Community Guide. Promoting Physical Activity.* Centers for Disease Control and Prevention. <http://www.thecommunityguide.org/pa/index.html>
- The President's Council on Physical Fitness and Sports.* <http://www.fitness.gov/>
- What Constitutes a Highly Qualified Physical Education Teacher?* NASPE, 2007. <http://www.aahperd.org/naspe/standards/upload/What-Constitutes-a-Highly-Qualified-PE-Teacher-2007.pdf>
- 2008 Physical Activity Guidelines for Americans.* Centers for Disease Control and Prevention. Provide science-based guidance to help Americans aged 6 and older improve their health through appropriate physical activity. Developed with health professionals and policymakers in mind, the Guidelines can help you learn about the health benefits of physical activity, understand how to do physical activity in a manner that meets the Guidelines, understand how to reduce the risks of activity-related injury and assist others in participating regularly in physical activity. The chapter on children and adolescents reflects the most up-to-date research about youth physical activity and its associated health benefits. <http://www.health.gov/PAGuidelines/default.aspx>



### Limiting Screen Time

*Center for Screen Time Awareness.* <http://www.tvturnoff.org/>

*Center on Media and Children's Health.* Children's Hospital Boston, Harvard Medical School and Harvard School of Public Health.  
<http://www.cmch.tv/>

*Do More Watch Less.* California Obesity Prevention Initiative, California Department of Public Health, 2006. A toolkit for afterschool programs and youth serving organizations to encourage tweens (ages 10-14) to incorporate more screen-free activities into their lives while reducing the time they spend watching TV, surfing the internet and playing video games.  
<http://www.cdph.ca.gov/programs/schoolhealth/Pages/DoMoreWatchLessTVTool.aspx>

*Help Children Reduce Screen Time.* U.S. Department of Health and Human Services.  
[http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/downloads/tip\\_screen\\_time.pdf](http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/downloads/tip_screen_time.pdf)

*How Much Inactive Time Is Too Much?* MyPyramid for Preschoolers, U.S. Department of Agriculture.  
<http://www.mypyramid.gov/preschoolers/PhysicalActivity/inactivetime.html>

*Limit Screen Time. Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program.* U.S. Department of Agriculture, December 2012.  
<http://www.teamnutrition.usda.gov/Resources/nutritionandwellness/limitscreen.pdf>

*Media Matters Campaign.* American Academy of Pediatrics. <http://www2.aap.org/advocacy/mediamatters.htm>

*Reduce Screen Time Tools and Resources.* U.S. Department of Health and Human Services.  
<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/tools-resources/tools-reduce-screen-time.htm>

*Reducing Children's TV Time to Reduce the Risk of Childhood Overweight: The Children's Media Use Study.* Centers for Disease Control and Prevention, March 2007. This report highlights the results of a qualitative study with children and parents to better understand the barriers and opportunities for reducing children's time watching television.  
[http://www.rocklandsteps.org/files/TV\\_Time\\_Highlights%5B1%5D.pdf](http://www.rocklandsteps.org/files/TV_Time_Highlights%5B1%5D.pdf)

*Tips to Reduce Screen Time.* National Heart, Lung and Blood Institute.  
<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/reduce-screen-time/tips-to-reduce-screen-time.htm>

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### Physical Activity Before and After School

*Game On! The Ultimate Wellness Challenge.* Action for Healthy Kids. A toolkit for schools to help youth and their families learn to eat healthy and be active every day. The toolkit features four fun challenges around “Making Better Food Choices” and “Moving More.” <http://actionforhealthykids.org/game-on/access/>

*Guidelines for After-School Physical Activity and Intramural Sports.* National Association for Sport and Physical Education, 2001. NASPE’s recommendations for planning and implementing after-school physical activity and intramural programming for children in grades K–12. <http://www.aahperd.org/naspe/standards/upload/Guidelines-for-After-School-PA-Intramural-Sport-Programs-2001.pdf>

*Healthy Out-of-School Time.* National Institute for Out-of-School Time. <http://www.niost.org/Standards-and-Guidelines>

*Promoting Physical Activity: A Guide for Community Action.* Centers for Disease Control and Prevention, 1999. This guide uses a social marketing and behavioral science approach to intervention planning, guiding users through a step-by-step process to address the target population’s understanding and skills, the social networks, the physical environments in which they live and work and the policies that most influence their actions. <http://www.cdc.gov/nccdphp/dnpa/pahand.htm>

*Promoting Physical Activity and Healthy Nutrition in Afterschool Settings: Strategies for Program Leaders and Policy Makers.* U.S. Department of Health and Human Services , August 2006. <http://www.niost.org/Research-Reports-and-Articles/promoting-physical-activity-and-healthy-nutrition-in-afterschool-settings>

*ReCharge! Energizing After-school.* Action for Healthy Kids and the National Football League, 2007. An After-school program available for purchase that fully integrates nutrition and physical activity through teamwork-based strategies for youth in grades 3-6. <http://www.actionforhealthykids.org/recharge/>

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### Promoting Physical Activity

- ACES (ALL Children Exercising Simultaneously)*. Provides information and resources regarding participation in ACES. Each May, on a designated date and time, millions of school children all over the globe will exercise simultaneously in a symbolic gesture of fitness and unity to show the world that they do not fit into that negative stereotype of being "physically unfit." This non-competitive program has proven to be educational, motivational and fun. <http://www.lensaunders.com/aces/aces.html>
- Active Youth. Ideas for Implementing CDC Physical Activity Promotion Guidelines*. Centers for Disease Control and Prevention, 1998. <http://www.humankinetics.com/products/showproduct.cfm?isbn=0880116692>
- Best Practices Program*. PE Central. Events/programs outside of physical education curriculum which enhance the quality of physical education at school. <http://www.pecentral.org/bp/index.html>
- Burn to Learn*. Centers for Disease Control and Prevention, 2013. <http://makinghealtheasier.org/burntolearn>
- Encourage Active Play and Participate with Children. Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program*. U.S. Department of Agriculture, December 2012. <http://www.teamnutrition.usda.gov/Resources/nutritionandwellness/encourage.pdf>
- Fuel Up to Play 60*. National Dairy Council and the National Football League. Interactive program to increase physical activity in schools. <http://www.fueluptoplay60.com/>
- Generation Fit Action Packet*. American Cancer Society. [http://www.cancer.org/docroot/PED/content/PED\\_1\\_5X\\_Generation\\_Fit.asp](http://www.cancer.org/docroot/PED/content/PED_1_5X_Generation_Fit.asp)
- I am Moving, I am Learning — A Proactive Approach for Addressing Childhood Obesity in Head Start Children*. U.S. Department of Health and Human Services, Office of Head Start. <http://eclkc.ohs.acf.hhs.gov/hslc/ecdh/Health/Nutrition/Nutrition%20Program%20Staff/IMIL/IamMovingIam.htm>
- Jump Rope for Heart*. This educational fund-raising event by the American Heart Association and the American Alliance for Health, Physical Education, Recreation and Dance is held each year in elementary schools nationwide. Jump Rope for Heart teaches students the benefits of physical activity, how to keep their heart healthy and that they can help save lives right in their own community. [http://www.heart.org/HEARTORG/Giving/ForIndividuals/JoinanEvent/jump-rope-sub-home\\_UCM\\_315609\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/Giving/ForIndividuals/JoinanEvent/jump-rope-sub-home_UCM_315609_SubHomePage.jsp)
- Hoops for Heart*. This basketball special event program for middle school students is sponsored by the American Heart Association and the American Alliance for Health, Physical Education, Recreation and Dance. The program engages kids in community service while promoting the benefits of lifelong heart-healthy lifestyles. [http://www.heart.org/HEARTORG/Giving/ForIndividuals/JoinanEvent/hoops-sub-home\\_UCM\\_315630\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/Giving/ForIndividuals/JoinanEvent/hoops-sub-home_UCM_315630_SubHomePage.jsp)
- Kids Walk-to-School Program*. A community-based program from the Centers for Disease Control and Prevention that aims to increase opportunities for daily physical activity by encouraging children to walk to and from school in groups accompanied by adults. <http://www.cdc.gov/nccdphp/dnpa/kidswalk/index.htm>
- Move to Learn*. The Bower Foundation. Designed to help teachers raise student fitness levels and, in turn, raise student achievement. <http://www.movetolearnms.org/>
- Moving More At School — Increasing Physical Activity Before, During and After School*. Active Living Research, Robert Wood Johnson Foundation, September 4, 2012. [http://www.activelivingresearch.org/files/ALR.Resources.Summary\\_Schools\\_09.04.12.pdf](http://www.activelivingresearch.org/files/ALR.Resources.Summary_Schools_09.04.12.pdf)
- President's Challenge*. An interactive website to help all Americans build a regular physical activity routine. Kids, teens, adults and seniors can register free of charge as an individual or part of a group, then choose from over 100 physical activities and start tracking daily efforts in a personal log. <http://www.presidentschallenge.org/>
- Promote Active Play through Written Policies and Practices. Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program*. U.S. Department of Agriculture, December 2012. [http://www.teamnutrition.usda.gov/Resources/nutritionandwellness/promote\\_active.pdf](http://www.teamnutrition.usda.gov/Resources/nutritionandwellness/promote_active.pdf)
- Right Fielders Are People Too. An Inclusive Approach to Teaching Middle School Physical Education*. John Hichwa. Human Kinetics, 1998. <http://www.humankinetics.com/products/showproduct.cfm?isbn=0880118563>
- SPARK (Sports, Play and Active Recreation for Kids)*. SPARK's training and tools promise physical education classes that are more inclusive, active and fun. SPARK offers programs for Early Childhood, Elementary and Middle School Physical Education, Lifelong Wellness and After School Recreation. (Fee for service.) <http://www.sparkpe.org/index.jsp>

## Promoting Physical Activity

VERB. U.S. Department of Health and Human Services' Centers for Disease Control and Prevention. CDC's media campaign to create a healthy movement among youth. Includes materials to use in settings with tweens (youth ages 9-13) and for adult information. <http://www.cdc.gov/youthcampaign/index.htm>

*Working with Schools to Increase Physical Activity Among Children and Adolescents in Physical Education Classes: An Action Guide*. Partnership for Prevention, 2008. <http://www.cdc.gov/healthycommunitiesprogram/tools/>

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- Barriers to Recess Placement Prior to Lunch in Elementary Schools.* National Food Service Management Institute, 2005. <http://nfsmi-web01.nfsmi.olemiss.edu/ResourceOverview.aspx?ID=125>
- Developing a School Recess Plan.* Board of Education of the City of Chicago, 2011. [http://www.cps.edu/News/Press\\_releases/Documents/DevelopingSchoolRecessPlan.pdf](http://www.cps.edu/News/Press_releases/Documents/DevelopingSchoolRecessPlan.pdf)
- Elementary School Recess. Selected Readings, Games & Activities for Teachers and Parents.* The American Association for the Child's Right to Play. Assists elementary school teachers and parents in offering children in preschool through Grade 6 appropriate recess games and activities. [http://www.eric.ed.gov/ERICWebPortal/search/detailmini.jsp?\\_nfpb=true&\\_ERICEstSearch\\_SearchValue\\_0=ED471701&ERICEstSearch\\_SearchType\\_0=no&accno=ED471701](http://www.eric.ed.gov/ERICWebPortal/search/detailmini.jsp?_nfpb=true&_ERICEstSearch_SearchValue_0=ED471701&ERICEstSearch_SearchType_0=no&accno=ED471701)
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- Peaceful Playgrounds.* <http://www.peacefulplaygrounds.com/index.htm>
- Playworks: Play and Recess to Support Social-Emotional Learning.* Tools to make recess fun, energetic, safe and inclusive for all children. <http://www.playworks.org/>
- Recess and the Importance of Play. A Position Statement on Young Children and Recess,* National Association of Early Childhood Specialists in State Departments of Education, 2002. <http://w4.nksd.k12.mo.us/~rbeckett/RECESS%20AND%20THE%20IMPORTANCE%20OF%20PLAY.htm>
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- Relationships of Meal and Recess Schedules to Plate Waste in Elementary Schools.* National Food Service Management Institute, Insight No. 24, Spring 2004. <http://nfsmi-web01.nfsmi.olemiss.edu/documentLibraryFiles/PDF/20080225034510.pdf>
- Resources, Research and Supporting Information for Recess Before Lunch.* Montana Office of Public Instruction. <http://opi.mt.gov/pdf/schoolfood/rbl/RBLResources.pdf>
- Right to Recess Campaign.* Peaceful Playgrounds. <http://www.peacefulplaygrounds.com/right-to-recess.htm>
- The Case for Elementary School Recess.* The American Association for the Child's Right to Play. This handbook offers parents, teachers and school administrators information that supports the need for elementary school recess. <http://www.peacefulplaygrounds.com/pdf/right-to-recess/the-case-for-recess.pdf>
- The Case for Recess in Our Schools.* Alliance for a Healthier Generation. <http://www.healthiergeneration.org/schools.aspx?id=4908>
- The Great Outdoors. Restoring Children's Right to Play Outside.* National Association for the Education of Young Children, 1995. <http://www.naeyc.org/store/node/92>
- Time out. Is recess in danger?* The Center for Public Education, 2008. <http://www.centerforpubliceducation.org/Main-Menu/Organizing-a-school/Time-out-Is-recess-in-danger>

## Recess

60 *Alternatives to Withholding Recess*. Peaceful Playgrounds, January 2007. Includes list of 55 rewards and 7 discipline alternatives.  
<http://www.peacefulplaygrounds.com/recess-alt.htm>

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### Safe Routes to School

*Bikes Belong Coalition.* <http://www.bikesbelong.org/>

*International Walk to School Week.* Information about a worldwide program to promote physical activity.  
<http://www.iwalktoschool.org/>

*KidsWalk-to-School.* Centers for Disease Control and Prevention. <http://www.cdc.gov/nccdphp/dnpa/kidswalk/>

*Pedestrian and Bicycle Information Center.* A clearinghouse for information and resources regarding pedestrian and bicycle issues.  
[www.bicyclinginfo.org](http://www.bicyclinginfo.org) and [www.walkinginfo.org](http://www.walkinginfo.org)

*Safe Routes.* National Center for Safe Routes to School. <http://www.saferoutesinfo.org/>

*U.S. Department of Transportation Safe Routes to School.* <http://safety.fhwa.dot.gov/saferoutes/>

*Walkability Checklist.* <http://www.walkableamerica.org/checklist-walkability.pdf>

*Safe Routes to School 2009 Policy Report.* Robert Wood Johnson Foundation, 2009. Explores the challenges and opportunities raised during the implementation of the federal Safe Routes to School program and identifies ways in which the program could be strengthened to create communities that help even more children be physically active by walking and bicycling to school.  
<http://www.rwjf.org/childhoodobesity/product.jsp?id=40268>

*Safe Routes to School State Network Project: Final Report, 2007–2009, Making Change through Partners and Policies.* Robert Wood Johnson Foundation, November 2009. <http://www.rwjf.org/en/research-publications/find-rwjf-research/2009/11/safe-routes-to-school-state-network-project-.html>

*Safe Routes to School State Network Project. Phase II: Successes and Lessons Learned. 2010-2011 Final Report.* Safe Routes to School National Partnership, 2011. [http://www.saferoutespartnership.org/sites/default/files/pdf/RWJ\\_SRTS-StatesReport-FINAL113011.pdf](http://www.saferoutespartnership.org/sites/default/files/pdf/RWJ_SRTS-StatesReport-FINAL113011.pdf)

*Marketing and Promotions: Talking Points.* National Center for Safe Routes to School. <http://www.saferoutesinfo.org/program-tools/marketing-and-promotions-talking-points-0>

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